

Talking points  
“Healthy Workplace Day”  
Thursday, June 22, 2006

Thank you for joining in today’s “Healthy Workplace Day.”

We know too many Mississippians suffer from chronic illnesses, such as hypertension and diabetes. If you’re like me, you probably have someone in your family or church who is already dealing with these or other health problems.

As part of my commitment to creating a Healthy Mississippi, the “Healthy Workplace Day” event offers you, our state employees, the opportunity to learn more about the benefits of making healthy lifestyle choices.

The Department of Finance and Administration has partnered with the Departments of Health and Rehabilitation Services to make today’s events possible. This “Healthy Workplace Day” is part of an overall Worksite Wellness Program designed to help each of us attain our personal health improvement goals.

We are unveiling a new “Healthy Corner” in the Woolfolk Building Cafeteria. We are also introducing healthy food and drink options in the Woolfolk vending machines and conducting a health fair where you can get free health screenings and information on healthy living.

It is also important for you as state employees to take advantage of recent improvements in your health insurance plan. Incentives include:

- Incentives include coverage of up to \$250 per year for wellness and preventative health care
- Free health risk assessment -- Before you can improve your health, it is important that you know where you are health-wise. To help you find out more about your current health status and what you can do to improve your overall health, I strongly encourage you to complete the State Employee Health Plan’s free confidential health risk assessment. You can find out more about the health risk assessment and actually sit down at a computer and fill out the form in the booth set up on the floor above us today.

This assessment is an important first step toward you taking control of your health ... it not only helps you identify and monitor your personal health status, but also provides you with information and resources to help you make healthy choices for yourself and your family.

- The latest incentive, just approved, goes into effect in January 2007. It's the 10K program in which you are encouraged to walk 10,000 steps a day and you might even get one of these neat pedometers to help you keep track of literally every step you take toward a healthier lifestyle.

Taking advantage of these incentives and making healthier choices may save your life.

I encourage each of you to take advantage of all that is offered today, and challenge you to use the information to change your life for the better.

Thank you ... and, Hoopy, let's cut the ribbon.